



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Swoboda, Rüdiger

Club: Schwimmclub Gelsenkirchen 04  
Number: 166

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 13:55:49

Speed: 7.18 km/h  
Running performance: 8:22 min/km

Rank in course/Total: 129 (of 187)

Rank in course/Men: 115 (of 163)

Best time in course: 8:09:36

Rank in category: 23(of 29)

Best time in the category: 10:43:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Ruhlaer Skihütte	23.96	3:00:59	7:33	22	46:41	123	1:06:22	23.96	3:00:59	7:33	8	14:25	122	46:43			
Floh-Seligenthal	26.92	3:27:28	7:42	24	53:32	125	1:24:14	50.88	6:28:27	7:38	8	34:28	122	1:02:27			
Finsterbergen	24.12	3:38:47	9:04	23	49:07	116	1:33:43	75.00	10:07:14	8:05	8	58:30	117	4:02:26			
Fröttstädt	24.83	3:48:35	9:12	20	1:05:45	113	1:56:50	100.00	13:55:49	8:21	23	3:11:53	119	6:38:04			